

WE STAND

Strength. Determination. Grit.

CHARACTER TRAITS THAT GET HARD WORK DONE.

The same traits can be a
barrier to asking for help.

SPEAK UP TO

STANDUP

**IT'S OK TO NOT BE OK. BE BRAVE – SPEAK UP
FOR YOUR TEAM. SPEAK FOR YOURSELF.**



INFORMATION & RESOURCES AT
preventconstructionsuicide.com



THE NATIONAL SUICIDE
PREVENTION LIFELINE AT
1.800.273.TALK (8255) or
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CRISIS TEXT LINE |

TEXT HELLO TO 741741
Free, 24/7, Confidential
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